

Be Wise™ Classes 2012

All classes are **Free**
at the Utah County
Health Department

151 South University Avenue
Provo, UT



**Diabetes,
Blood Pressure,
Cholesterol and Weight Loss Classes**

These classes are taught by a health educator.

You will learn what these problems are, and how to improve your life with healthy lifestyles.

**Cooking or
Nutrition Classes**



This class is taught by a nutritionist assistant from the USU extension office.

You will learn about the specific nutrition topic of the day, and will learn to cook a healthy recipe which all will get to taste.



Zumba Classes

This class is an exercise class taught by a Zumba instructor. Zumba is a type of aerobic dance that incorporates hip-hop, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Please consult with a doctor before starting any type of exercise.

Yoga Classes



Yoga is a holistic exercise system that stretches the body and renews the mind. Please consult with a doctor before starting any type of exercise.

For information call:
(801)851-7031/ 851-7092

January

11th, at 11:00 am
**"DIABETES:
do's and don'ts"**

18th, at 6:00 pm
"Stress management Yoga"

25th, at 10:00 am
"Cooking Class"
**"My plate: balancing Food and
physical activity"**

February

8th, at 11:00 am
**"BLOOD PRESSURE:
your heart matters"**

15th, at 6:00 pm
"Zumba"

29th, at 10:00 am
"Cooking Class"
**"Food safety: cooking to prevent
food borne illnesses"**

March

7th, at 11:00 am
**"CHOLESTEROL: taking
control of your numbers"**

14th, at 6:00 pm
"Restoration Yoga"

28th, at 10:00 am
"Cooking Class"
"Getting more fruits and veggies"

April

4th, at 11:00 am
**"WEIGHT LOSS:
one pound at a time"**

18th, at 6:00 pm
"Zumba"

25th, at 10:00 am
"Cooking Class"
"Make 1/2 of your grains whole"

May

9th, at 11:00 am
**"DIABETES:
do's and don'ts"**

16th, at 6:00 pm
"Yoga for a healthy heart"

30th, at 10:00 am
"Cooking Class"
"Getting your calcium rich foods"

June

6th, at 11:00 am
**"BLOOD PRESSURE:
your heart matters"**

20th, at 6:00 pm
"Zumba"

27th, at 10:00 am
"Cooking Class"
"Menu Planning & Shopping"

July

11th, at 11:00 am
**"CHOLESTEROL: taking
control of your numbers"**

18th, at 6:00 pm
"Pain relief Yoga"

25th, at 10:00 am
"Cooking Class"
"Go Lean with Protein"

August

8th, at 11:00 am
**"WEIGHT LOSS:
one pound at a time"**

15th, at 6:00 pm
"Zumba"

29th, at 10:00 am
"Cooking Class"
"Watch your fats, sugar & salt"

September

5th, at 11:00 am
**"DIABETES:
do's and don'ts"**

12th, at 6:00 pm
"Relaxation Yoga"

26th, at 10:00 am
"Cooking Class"
**"My plate: balancing Food and
physical activity"**

October

10th, at 11:00 am
**"BLOOD PRESSURE:
your heart matters"**

17th, at 6:00 pm
"Zumba"

24th, at 10:00 am
"Cooking Class"
"Make 1/2 of your grains whole"

November

7th, at 11:00 am
**"CHOLESTEROL: taking
control of your numbers"**

14th, at 6:00 pm
"Yoga for everybody"

28th, at 10:00 am
"Cooking Class"
"Getting your calcium rich foods"

December

5th, at 11:00 am
**"WEIGHT LOSS:
one pound at a time"**

12th, at 6:00 pm
"Zumba"

19th, at 10:00 am
"Cooking Class"
"Menu Planning & Shopping"